



ERNEST ORLANDO LAWRENCE  
BERKELEY NATIONAL LABORATORY

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**Environment, Health, & Safety  
Training Program**

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**EHS 52 ~ Back Injury Prevention and Maintenance-Safe Lifting Mechanics**

**Course Syllabus**

**Subject Category:** Occupational Safety  
**Course Length:** 1.25 hours  
**Schedule:** Monthly  
**Location/Time:** Bldg. 51-201

**Course Prerequisite:** No  
**Medical Approval:** No

**Course Purpose:** This course provides information anatomy/physiology of the body, specifically the axial skeleton, and skill demonstration with practice involving safe lifting techniques and the prevention of back injuries.

**Course Objectives:**

- Anatomy/Physiology and the mechanics of movement.
- Causes of Injuries
- Creating a Lifting Plan
- Using Proper Lift Techniques
- Carrying the Load Techniques
- Proper Unloading Techniques
- Mechanical Lifting Equipment/Aids

**Course Instructional Materials:** Video: *"Keeping Your Back in Action."*

**Instructor:** Jeffrey Chung

**Training Compliance Requirements:** 8CCR 3203

**Course Participant Hand-outs:**

- Copy of PowerPoint presentation
- Pamphlets

**Participant Evaluation:** Written evaluations regarding the effectiveness of the trainer, the training and the visual aids.

**Written Exam:** No

**Practical Exam:** No

**Retraining/Recertification:** No

**WEB Resource:** PUB 3000, Chapter 5